

## Claims

1. A shower head comprising a mouth piece (1) including a middle axial through channel (8) for flow through of water, a rotationally symmetrical deflection element (6) for the water being near the external outlet of the channel, which mouth piece (1) is connected to a holder (2) through which the water is fed, while the deflection element (6) is held by a stem (3) which with radial clearance projects axially in the channel, and is surrounded by a conical surface (7); the mouth piece (1) limiting a cavity (9) around and axially outside the deflection element (6), the conical surface (7) projecting convergently outwardly, the stem (3) being secured in an insert (16) mounted in the holder (2), which insert (16) having at least one through opening (23) for leading the water to the channel (8),
- characterized by the insert (16) forming a regulator (11, 21, 23) for causing an approximately constant amount of water per time unit to flow through at variations of water pressure, and which in a per se known manner comprises a ring member with axial grooves (11) against which an O-ring is in contact, the O-ring being influenced by the water pressure and successively is pressed into the grooves at increasing water pressures.
2. Shower head according to claim 1, in which the regulator (11, 21, 23) comprises a hollow pin to which one end of the stem (3) is fixed.
3. Shower head according to claim 1, in which the O-ring (21) is radially inside or outside the grooves (11).
4. Shower head according to claim 1, in which the stem (3) is conical at least in the portion being furthest away from the deflection element (6), whereby the surface of the stem (3) converges towards the deflection element (6), and whereby the flow area for the water between the stem (3) and the mouth piece (1) is altered by axial movement of the mouth piece (1) relatively to the holder (2).